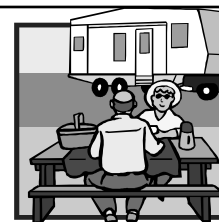




August 2009

Menus Subject to Change Without Notice
Milk served with meal.
723-3303



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>3</p> <p>Ntl Watermelon Day BBQ Chicken Au Gratin Potatoes Spinach Fruit Salad/Marshmallows Whole Wheat Roll Watermelon</p>	<p>4</p> <p>Shepherd's Pie Steamed Carrots Biscuit Tossed Salad/Kidney Beans Chocolate Chip Cookie</p>	<p>5</p> <p>Birthday Party Paprika Chicken Mashed Potatoes/Sour Cream Gravy Key Largo Vegetable Fruited Cole Slaw Whole Wheat Roll Cake and Ice Cream</p>	<p>6</p> <p>Ntl Root Beer Float Day Chicken Fried Steak Mashed Potatoes/Gravy Mexicali Corn Blend Stewed Tomato Whole Wheat Bread Banana Bar Root Beer Floats at Center Only</p>	<p>7</p> <p>Spaghetti/Meat Sauce Italian Blend Garlic Bread 3 Bean Salad Lemon Tortoni</p>
<p>10</p> <p>Oven Baked Chicken Baked Potato Mixed Vegetable Tossed Salad/Garbanzo Beans Whole Wheat Roll Rice Krispie Treat</p>	<p>11</p> <p>Stuffed Pepper Capri Blend Vegetable Carrot Raisin Salad Oat Bran Muffin Pineapple Upside-down Cake</p>	<p>12</p> <p>Turkey Pot Pie Pickled Beets Cottage Cheese Pear Salad Whole Wheat Roll Cookie</p>	<p>13</p> <p>Myer's Day Meat Loaf Mashed Potatoes/Gravy Steamed Cabbage Spinach Salad Whole Wheat Bread Fresh Melon</p>	<p>14</p> <p>Taco Salad Guacamole Fruit Cup Corn Muffin Chips/Salsa –Center Only Chocolate pudding</p>
<p>17</p> <p>Gillies Beef Tips Mashed Potatoes/Gravy German Blend Vegetable Broccoli Salad Whole Wheat Roll S'Mores Cookie Bar</p>	<p>18</p> <p>Swedish Meatballs Rice Peas and Carrots Tossed Salad/White Beans Biscuit Cook's Choice Dessert</p>	<p>19</p> <p>Baked Cod Baked Potato Bar Green Beans Marinated Carrots Whole Wheat Roll Fresh Fruit</p>	<p>20</p> <p>Lemonade's Birthday Chef's Salad Pickles/Olives Fruit Cup Muffin Raisin Bar Lemonade at Center Only</p>	<p>21</p> <p>Baked Ham Scalloped Potatoes Mixed Vegetable Creamy Cucumbers Whole Wheat Roll Fruit Cobbler</p>
<p>24</p> <p>Pork Roast Stuffing/Gravy Broccoli/Cauliflower Whole Wheat Roll Dry Jell-o Salad with Marshmallows Peach Pie</p>	<p>25</p> <p>Seafood Pasta Salad/ Lettuce Leaf Veggies/Dip Citrus Fruit Cup Muffin Oatmeal Cookie</p>	<p>26</p> <p>Swiss Steak Noodles Wax/Green Bean Blend Sliced Tomatoes/Cucumbers Biscuit/Honey Butter Pears</p>	<p>27</p> <p>Chicken Tenders Mashed Potatoes/Gravy Country Blend Vegetable Tossed Salad/Kidney beans Whole Wheat Bread Brownie</p>	<p>28</p> <p>Beef chow Mein Steamed Rice Vegetable Egg Roll Chinese Cabbage Salad Whole Wheat Roll Pudding/Fortune Cookie</p>
<p>31</p> <p>Fruited Chicken Salad/ Cantaloupe Ring Pickles/Olives Stewed Tomato Muffin Marshmallow Brownies</p>	<p>August 4</p> <p>Brunch and Learn Biscuits and Gravy Hard boiled Egg Fresh Melon</p>	<p>NOTICE</p> <p>Congregate lunch contributions are anonymous and confidential. Suggested donation per meal is \$2.50 for those 60+ and \$4.60 for those under 60.</p> <p>Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.</p>		